

## When?

### Service Availability:

Every Wednesday: 10.00-15.00

## Why?

### Northampton and District Mind's Objective:

“To promote mental health; To prevent mental ill-health; Help those in mental distress; Work to empower in their own lives and in the community at large as valued citizens”.

### Northampton and District Mind in Brackley

Brackley Health Centre  
Halse Road  
Brackley  
NN13 6EJ

Tel: 01604 634310

Service Manager:

Jo Webb

Mental Health Support Workers:

Abi Soloman

Sarah Hanlon



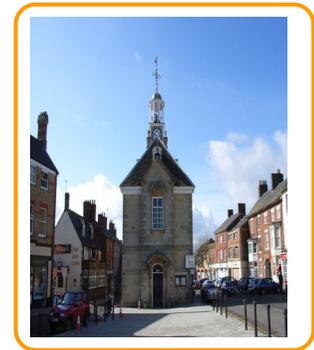
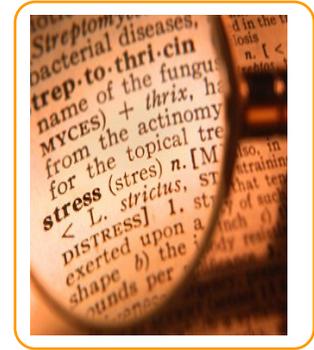
Brackley Round Table



Brackley Rotary Club



## In Brackley



## Who?

Brackley Mind is a new service held at the Health Centre, available to anyone experiencing mental health difficulties including stress and anxiety to severe and enduring illnesses. It will work on a group basis, but time will always be made for individuals to have an opportunity to talk privately to staff if that is required.

The service adopts a semi-structured framework which enables individuals to participate in a wide range of activities to improve their mental health and wellbeing. We base our activities around the service users' interests, wishes and needs.



## How?

We aim to enable all individuals accessing the service the opportunity to develop their skills and knowledge in order to live valued lives in their community.

We encourage individuals to challenge their emotional, practical and physical problems by providing a relaxed and supportive environment to promote recovery and social inclusion.

## What?

We offer a broad range of activities; these include informal recreational and social activities to more structured group work.

We acknowledge that all individuals accessing the service are unique and have different hopes, interests, needs and aspirations. We therefore aim to work in partnership with individuals and together identify aims and goals for personal development and recovery.



## Referral?

If you are interested in coming to Brackley Mind, you can refer yourself by coming along on the day or call us beforehand on 01604 634310.

Your GP or Key worker can also refer you. Once we have received the referral form, we will contact you to advise you of the next available date and answer any questions you may have.